



**Motion Regarding the Endorsement of the Proposal for a Fall Reading Break**

WHEREAS, recent evidence suggests that a Fall Reading Break reduces stress levels in students, particularly first-year students;<sup>1</sup>

WHEREAS, during the 2014-2015 academic year student senators proposed the creation of a Fall Reading Break at McGill;

WHEREAS, a survey conducted by Enrolment Services on this subject in April 2015 received 5112 total responses;

WHEREAS, this survey indicated that the majority of respondents (71.5%) were in favour of adding a Fall Reading Break, and the majority of respondents (69%) preferred adding two days to the Canadian Thanksgiving weekend in October;

WHEREAS, a Fall Reading Break proposal based on this model was presented to the Enrolment and Student Affairs Advisory Committee (ESAAC) on September 8, 2015 (see Appendix);

WHEREAS, this proposal has not yet been approved despite two successive meetings;

WHEREAS, delaying this proposal further will prevent the targeted implementation of a Fall Reading Break by the 2017-2018 academic year;

BE IT RESOLVED, THAT the Students' Society of McGill University (SSMU) endorses the proposal for a Fall Reading Break.

BE IT FURTHER RESOLVED, THAT the SSMU mandate the VP University Affairs and Senate Caucus to pursue the approval of this proposal by Senate before the end of the academic year.

Moved by:

Erin Sobat, Senate Caucus Representative  
Parvesh Chainani, Senate Caucus Representative  
Chloe Rourke, VP University Affairs

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<sup>1</sup> "Exploring the Impact of a Fall Break on Student Mental Health Outcomes – Year 1 Report." [http://www.brocku.ca/webfm\\_send/33279](http://www.brocku.ca/webfm_send/33279)